

FITNESS CLASSES

**Houston Parks and Recreation Department
PRESENTS**

FREE FITNESS CLASSES

**Come get in shape with a combination of
aerobics and other conditioning activities.**



Locations: Shady Lane Community Center
10220 Shady Lane

Date and Time: On-going
Monday – Thursday
6:00 p.m. - 7:00 p.m.

Instructor: Vivian Guerra

Information: (713) 742-1503



**houston
PARKS
& recreation
department**

Houston Parks and Recreation Department
2999 S. Wayside Dr.
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Information (713) 845-1000
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